



SENIOR Scoop

The publication for and about the active generation of Davis County

Sizzling September Night

Free event for seniors set to entertain and inform

By Bob Ballew,

Davis County Health Department public information officer

CLEARFIELD — A community health and seniors info fair called Sizzling September Night is coming up Friday, Sept. 6, in Clearfield. This free event will feature live music by Sunshade 'n Rain as well as lots of booths, displays, and county vehicles highlighting health, safety, and seniors issues.

Sizzling September Night will be easy to find on the east lawn of the Davis County Health Department (directly across the street from Clearfield City Hall) at 22 S. State Street. Plenty of parking is available on the west side of the health building.

The family-friendly information fair is sponsored by the Davis County Health Department, the North Davis Senior Activity Center, and the Midtown Community Health Center. It starts at 5:30 p.m. and runs until 8 p.m.

"We encourage everyone to show up anytime between those hours and see what's happening at the southwest corner of Clearfield's Center and State Streets," said organizer Cindy Nielsen.

Hamburgers and hot dogs are on the menu for purchase while people mingle freely through the various booths. Visitors will be entertained by the sounds of 60s and 70s live music.

"The North Davis Senior Activity Center remains open for self-guided tours for people of all ages curious to find out what happens in the center," said Nielsen. "If the

■ See "SIZZLING" p. S3



THE VOCAL TRIO "SUNSHADE 'N RAIN" will provide free entertainment on the east lawn of the Clearfield Campus of Davis County Health Department starting at 5:30 p.m. on Friday, Sept. 6. The Sizzling September Night Community Health & Seniors Info Fair is open to everyone. A variety of booths, vehicle displays, and self-guided tours are free, and food is available for purchase. According to event organizers, if the weather turns ugly, the event will be held inside the North Davis Senior Activity Center.

Courtesy photo

Intersections a danger for older drivers

As people get older, their driving patterns change. Retirement, different schedules, and new activities affect when and where they drive. Most older adults drive safely because they have a lot of experience behind the wheel. But when they are involved in crashes, they are often hurt more seriously than younger drivers. Age-related declines in vision, hearing, and other abilities, as well as certain health conditions and medications, can affect driving skills.

Changes in driving habits

When people retire, they no longer drive to work. With more leisure time, they may start new activities, visit

friends and family more often, or take more vacations. Like drivers of any age, they use their vehicles to go shopping, do errands, and visit the doctor. Driving is an important part of staying independent.

Most people 70 and older have driver's licenses. They tend to drive fewer miles than younger drivers. But, they are also keeping their licenses longer and driving more miles than in the past, often favoring local roads over highways. As the overall population ages, there will be an increasing percentage of older drivers on the road.

A complex task

Driving is a complicated task. It requires seeing and hearing clearly; paying close attention to other cars, traffic signs and signals, and pedestrians; and reacting quickly. Drivers must be able to accurately judge distances and speeds and monitor movement on both sides, behind and in front of them.

It's common for people to have declines in visual, thinking, or physical abilities, as they get older. As a result, older drivers are more likely than younger ones to have trouble in certain situations, including making left

■ See "DRIVING" p. S2



Davis
COUNTY

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All issues of Senior Scoop are available at daviscountyutah.gov/senior_scoop.

DRIVING

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turns, changing lanes, and navigating through intersections.

Common mistakes

- Common mistakes of older drivers include:
- failing to yield the right of way
 - failing to stay in lanes
 - misjudging the time or distance needed to turn in front of traffic
 - failing to stop completely at a stop sign
 - driving too slowly or speeding

Older drivers and crashes

Driving errors can lead to traffic accidents, injuries, and death. The risk of crashes increases with age, especially for those older than 75.

A 2009 study conducted by the Office of Behavioral Safety Research under the umbrella of the National Highway Traffic Safety Administration found that older drivers crashed more than younger ones at intersections and driveways, and that they had trouble at interchanges and freeway ramps. They caused fatalities most often in crashes at intersections without signals. Dusk was by far the most dangerous time for seniors to be on the road, according to the findings.

Correlating studies have found that older drivers are

less likely to be involved in crashes related to alcohol use, speeding, and driving at night. But they are most likely to get into crashes:

- at intersections (usually in the vehicle that is struck)
- in which the front of one vehicle hits the side of another vehicle
- where the older driver is merging and the other vehicle is traveling faster or is in the older driver's blind spot

Crashes Down Among Older Drivers

Fortunately, the rate of crashes among adults 65 and over has decreased in recent years. Research suggests that this decline is due to a number of factors, including older adults' better health, safer cars, and safer roads. In addition, older drivers' ability to "police" themselves – like not driving at night – and stricter state laws for renewal of driver's licenses may help.

Most traffic deaths of older drivers occur during the daytime, on weekdays, and involve other vehicles. Older adults are more susceptible to death or serious injury in a crash if they are physically frail, but the good news is that older people are more likely to survive crashes than in the past.

-First published in NHSenior Health by the National Institutes of Health, nihseniorhealth.gov.

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	 <h1>September</h1>			5 AG – Arts & Crafts 10 Bridge 12 GY – Dancing Grannies 8:15 ND – Chancellor Gardens 11:30	6 AG – Crazy Auction 11:30 Movie 12 GY – Tai Chi 9:30 ND – Sizzling Sept. Night 5:30	7
8	9 AG – Word Solve Puzzle 11:30 GY – Soft Aerobics 8:30 ND – Foot Massage 1	10 AG – SDHHH Presentation 11:30 Shopping 12 GY – Flu Vaccines 10 ND – Jim & Eva Perform 11:30	11 AG – **Flu Shot Clinic GY – Senior Tap 8:15 Blood Pressure 10 ND – Hearts for Hospice 11:30	12 AG – **Attorney Available Tai Chi 2:30 GY – **AARP Driving Class 10 ND – SDHHH Presentation 11:30	13 AG – Special Bingo 12 GY – Old Time Combo Band 10:30 ND – HCNU Presentation 11:30	14
15	16 AG – Pictures by Karla 10:30 Tai Chi 2:30 GY – Senior Tap 8:15 Yoga 10 ND – Edward Jones 11:30	17 AG – Doodle Art Class 10 Age Related Eye Disease 11:30 GY – Alzheimer's Support Group 3 ND – Lapidary 8:30	18 AG – Blood Pressure 11 Ceramics 12 GY – Single's Social 11 ND – Age Related Eye Disease 11:30	19 AG – **AARP Driving Class 10 Shopping 12 GY – Lapidary 8 Caregiver Class 11:30 ND – Porcelain 9 Pinochle 12:15	20 AG – Choir Practice 10:15 Movie 12 GY – **Mystery Trip Lunch 10:15 ND – Friday Night Jitter 6	21
22	23 AG – Stepping On 9:45 Bingo 10:30 GY – Arthritis Exercises 12:30 ND – Health Tips 11:30	24 AG – **Trip to Antelope Island GY – Sit n' Fit 8:30 **Mystery Trip 9 ND – **AARP Driving Class 10	25 AG – Trivia of the Day 11:30 GY – Birch Creek Respite 1-4 ND – Ask a Nurse 11:30	26 AG – Tai Chi 9:45 Games 10 GY – Strength Training 10:30 Zumba Gold 4 ND – Arthritis Exercises 9	27 **AG, GY, ND Sept. Birthday Party AG – Lapidary 8 GY – Stained Glass 9 ND – Texas Hold 'Em 12	28
29	30 AG – Picture Slide Show 11:30 GY – Line Dancing 10 ND – Trivia of the Day 11:30	Oct. 1 AG – Tai Chi 9:45 Square Dancing 12:30 GY – Lapidary 8 Tai Chi 10:30 ND – Shopping 12:15	Oct. 2 AG – Bingo 10:30 Line Dancing 1 GY – Line Dancing 10 ND – Texas Hold 'Em 12	Oct. 3 AG – Lifetime Fitness 9 Chi Qong 10:30 GY – Arthritis Exercises 12:30 ND – Knit & Crochet 12:15	Oct. 4 AG – Computer 9:30 GY – Water Color 9 ND – Bingo 12:15	5
** Call Senior Activity Center to Make Reservation (Note: Not all activities are listed on this consolidated calendar, activities are subject to change)						
AG ~ Autumn Glow (801) 544-1235 81 East Center Street Kaysville, UT 84037			GY ~ Golden Years (801) 295-3479 726 South 100 East Bountiful, UT 84010		ND ~ North Davis (801) 525-5080 42 South State Street Clearfield, UT 84015	

Diabetes self-management program workshops begin

An evidence-based Diabetes Self Management Program is available to Davis County seniors, and the "Living Well with Diabetes" series has the full support of the Davis County Health Department.

Living Well with Diabetes is a fun, interactive six-week workshop to help people with type 2 diabetes better manage their health. Participants will make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management programs.

Subjects covered include:

- Techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, and emotional problems such as depression, anger, fear and frustration
- Appropriate exercise for maintaining and improving strength and endurance
- Healthy eating
- Appropriate use of medication

- Working effectively with health care providers

Who Should Come?

Anyone with type 2 diabetes. Family and friends

of those with diabetes are encouraged to attend.

Healthy snacks will be provided.

Upcoming workshops are:

- Friday, Sept. 13, from 10 a.m. until noon at Davis Hospital's Diabetes Care Center of Utah, 2132 N. 1700 West, Ste B150, Layton (basement level of Bitner

Medical Office Building)

- Tuesday, Sept. 17, from 10 a.m. until noon at Lakeview Hospital, 630 E. Medical Drive, Bountiful (first floor

boardroom through main entrance of hospital)

For more information or to register for a workshop, call Jessica Hardcastle at 801-525-5087.

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"Look who walked out on us!"



Life Care Center of Bountiful would like to congratulate Herbert Schroeter on his short term rehab success with us! When asked what he thought about the meals, he said "excellent!" He also stated, "the therapy and nursing staff are excellent! I would absolutely recommend Life Care Center! This is a good place to be and I had a good experience. Very good people."

Thank you Herbert for allowing us to help you with your success.

Herbert Schroeter

460 W. 2600 S. Btfl., UT. **801-295-3135**

Gephardt Approved

Life Care Center of Bountiful

Building confidence, one slope at a time



Amanda Thompson, physical therapist from PerformanceWest Physical Therapy, helps Mary Snajd, a Stepping On participant, practice safe strategies to walk up and down slopes while outside in the community. Managing uneven slopes is just one of the many safe strategies taught in the seven week Stepping On workshop. The next workshop begins Monday, Sept. 23, at 9:45 a.m. at the Autumn Glow Senior Activity Center in Kaysville. For more information or to register for the workshop, call Jessica Hardcastle at 801-525-5087.

Photo by Jessica Hardcastle | Davis County Health Department

SIZZLING

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weather decides to turn our Sizzling September Night into a drizzling September night, don't despair," she said. "We'll simply move the fun inside the senior activity center and continue on, minus the vehicle displays of course."

Many people don't know what happens at the senior center, and others can't

visit during regular business hours.

"Providing this info fair in the early evening is a great way that we can connect with community members when they have the time to visit us," said Lewis Garrett, director of the county's health department. "Also, it never hurts to entertain people while at the same time informing them about a variety of things that may improve their health and well-being."

Is your granchild in the right car seat?

BY PRISCILLA ANGULO,
Davis County Health Department Injury Prevention
Specialist

CLEARFIELD —

Things have changed from the time when kids could ride on our laps or be piled into the back seat.

Unintentional injury, including car crashes, was the leading cause of death for children younger than 14 years old in 2010, according to a report by the Centers for Disease Control.

However, car seat use is increasing due to initiatives by the March of Dimes and hospitals across the country.



IS YOUR GRANDCHILD IN THE RIGHT SEAT?

Unfortunately, a workshop by the National Highway Transportation Administration in 2005 found that three out of four car seats are not installed correctly. Many times deaths and

injuries can be prevented by proper use of car seats, boosters, and seat belts.

In an effort to keep your grandkids safe while on the road, Safe Kids Davis County invites you to a

free car seat check point on Saturday, Sept. 21, from 10 a.m. until 1 p.m., at the Young Chevrolet dealership, 645 N. Main St., in Layton. For more information, call 801- 525-5177.

Hospice care explained

I have been providing hospice care to patients and their loved ones over the last 18 years, and many, many patients tell me they wish they knew about hospice care sooner. I wish they knew, too.

One of the saddest situations I see is when we receive a referral for a patient who has suffered with a terminal diagnosis for several weeks or months and now has only hours or days of life left. Their symptoms have gone uncontrolled and their caregiver is worn out and frustrated.

With a timely referral, hospice care could provide a team of caring and experienced doctors, nurses, and aides to bring relief and support to the patient and caregivers. End-of-life scenarios should be filled with tender and meaningful experiences. Families and patients supported by a dedicated hospice team are able to concentrate on living well.

Many patients who have had to seek care and medical support in the community, spending time and energy sometimes on a daily basis, are so relieved to understand that hospice will bring care and support into their homes. No

more hours driving, waiting in clinics or waiting rooms, or in pharmacy lines. Their time and energy can now be focused on being with family, friends and loved ones instead. The hospice team manages their care for them, based on their specific needs and wishes.

For most of us, the end-of-life experience is a first time event. We wonder, "Where can I get help?" and, "What are my alternatives?"

There is help! Hospice care provides the terminally ill patient and the supporting family and friends with services and knowledge necessary to provide comfort in the home. Home can be a private residence, assisted living or nursing facility.

The Medicare Hospice Benefit offers the patient the opportunity to live the end-of-life experience as pain-free as possible in an emotionally and spiritually supportive environment. The Hospice Benefit provides for the staff, specialized equipment required, personal care supplies and medications related to the terminal diagnosis. Respite or specialized care is also provided as needed.

Many insurance plans include hospice care,

BY ROSEMARY WALL, RN



Rosemary Wall has been a registered nurse for 21 years and has specialized in hospice care for 18 years. She was raised and still lives in Davis County.

mirroring the Medicare Benefit. The hospice team can research and help you understand the benefit and coverage of your plan.

Choose a hospice provider now. Become acquainted with their services and staff members. They will be able to provide you with information about hospice and other available benefits and will help you chart your course.

You do need not travel this road alone or unprepared. Hospice care is designed to help caregivers and the terminally ill patients through this experience with knowledge, dignity and loving care.

We Wish We Would Have Known About Hospice Sooner...



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This is a frequent statement from those who have experienced our hospice services.

Before using hospice, many feel alone and frustrated in providing care for themselves or their loved one.

Hospice is not about giving up, but rather it is about a choice to live with dignity and a quality of life surrounded by loved ones.

The sooner you call, the sooner we can help.

The loving option, not the last resort

Hospice related services are 100% covered by Medicare & other insurance providers

Legacy House is a proud sponsor of The Promise Garden

An organization committed to ending Alzheimer's



3 WAYS TO HELP

- 1 Sign up to participate in the Davis/Weber Walk To End Alzheimer's on September 14, 2013 at www.alz.org
- 2 Donate a raffle prize for our Annual Luau September 19, 2013 at our front desk
- 3 Purchase a flower for our Promise Garden to represent your loved one at our front desk



Questions

on how to get involved, please contact
DEANNA SEAGER
EMAIL deannas@wslm.biz

79 E. Center Street Bountiful, UT • 801-294-2925